

# GENTLE.NEWS

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*"The best books... are those that tell you what you know already."*

— George Orwell

### Tiny Fish Help Scientists Study Ocean Health

Scientists have been watching a special little fish called capelin for over twenty years. These small fish are like messengers that tell us how healthy our oceans are.

Capelin are very important to ocean life. They are full of healthy fats that give lots of energy to bigger animals. Whales, seals, sea lions, and many seabirds love to eat them. Even big fish like salmon depend on capelin for food.

When capelin swim together, they form huge groups called schools. This makes it easy for hungry animals to find a good meal. Scientists call capelin one of the "big four" fish that feed so many ocean creatures.

Researchers in Alaska have been studying these helpful fish since 2002. They watch how capelin respond to changes in ocean temperatures. This helps scientists understand what is happening in the sea.

The tiny capelin teaches us big lessons about ocean life. By watching these fish, scientists can better care for whales, seals, and seabirds. It is amazing how one small fish can be so important to the whole ocean family.

## **Animals & Wildlife**

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### **Fish Return Home After 50 Years**

Good news for fish in California! After 50 years, steelhead and salmon can swim home again in Alameda Creek.

A big pipeline used to block the fish from reaching their spawning areas. The pipeline created an 8-foot drop that fish could not swim over. It was like a wall in the water.

Workers moved the pipeline deep under the creek bed. They fixed the stream so it flows naturally again. Now fish can swim all the way up the creek to have their babies.

This creek was once the best place for fish in San Francisco Bay. Many steelhead and salmon lived there long ago. Now they can return home.

It took 30 years of hard work by many groups. They removed 18 barriers that blocked fish along the creek. Jeff Miller started this project in 1997. He flew over the creek and saw how beautiful it was. He wanted to bring the fish back home. The project shows what people can do when they work together. The fish are swimming free again after five decades.

### **Scientists Make Special Diamonds in Their Lab**

Scientists at Princeton Lab are making amazing diamonds. These are not the kind you wear in jewelry. They make them in their laboratory using special machines.

These lab-made diamonds are pink and very special. They have tiny flaws that make them perfect for new inventions. The flaws are so small you cannot see them with your eyes.

The diamonds can sense things around them. They can tell if something is hot or cold. They can also sense electricity and magnetic fields. This makes them like super-powered sensors.

Scientists use hot pink plasma to grow these diamonds. Plasma is like a very hot gas that glows. The machines heat it up to make the diamonds form slowly over time.

These special diamonds could help make better medical machines. They might help doctors see inside our bodies more clearly. They could also help scientists make new discoveries about our world.

### Scientists Find Protein That Helps Hearts Heal

Scientists have made an exciting discovery about healing hearts. They found a special protein that helps some hearts get better.

The research team studied people with heart problems. These patients used special devices called heart pumps. The pumps help weak hearts rest and recover.

Scientists looked at heart tissue from 19 patients. They compared samples from before and after treatment. Some patients got much better. Others did not improve as much.

The patients who recovered well had more of a protein called PERM1. Those who did not get better showed no change in this protein. This was the first time scientists found this connection.

Dr. Junco Warren from Virginia Tech led the study. She worked with heart doctors from Utah. They published their findings in a medical journal. This discovery gives doctors new hope for treating heart failure.

### Scientists Gather to Share Amazing Discoveries

Hundreds of scientists came together for a special meeting this spring. They met at a research center in New York to share their latest discoveries.

The meeting brought together 512 smart people from around the world. They study very tiny things called nanomaterials. They also use special light beams to learn about nature.

Most people came in person instead of joining online. This made it easy for everyone to meet new friends. They shared ideas over coffee and lunch. They even had a fun trivia night with games and prizes.

The scientists attended 14 different workshops. They learned about new tools that use artificial intelligence. High school students also shared their science projects with posters.

Everyone left feeling excited about the future of science. They made new friendships that will help them solve important problems. These smart people are working together to make amazing discoveries that help everyone.

## Activity Time - Word Search

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Find the words below in the puzzle. Words go across or down only.

### Words to Find:

SCIENCE

PROTEIN

CREEK

OCEAN

WHALE

FISH

HOME

